



Eat like a bird game

Activity outline

In this activity students pretend they are birds, and experiment with eating like a bird, nibbling at bits of food that are hanging from string without using their hands.

Instructions:

Preparation

This activity requires a little preparation. Hang bits of food at a height where children can reach them with their mouths. One suggestion may be to use bread, donuts or lollies so that each student has one food item each. Alternatively, you could put the food item on a plate.



Activity

Ask your class to pretend that they are a bird. Imagine that they wake up in the morning and have a bit of a sing (ask your students to have a bit of a morning sing). Sing to the birds near to them as a way of saying hello.

Ask them to stretch their wings out and give a bit of a flap.

Ask them to have a quick clean of their feathers with their beak and feet.

Are they hungry yet? Ask them to fly around the room looking for some food. Ask them to pick just one bit of hanging food and try to eat it as a bird would, without using their hands.

- Is it difficult eating without their hands? Is it frustrating or is it easy?



- Did they find a technique for eating the food without using their hands?
- Did the food taste different because they were only able to nibble it?

Imagine being a bird and having to spend all day flying around looking for food and eating without using any hands!

Once finished eating the food (or as much as they can) ask your class of birds to prepare for bird bedtime. Sing goodnight to the other birds around them and then nestle their heads under their wings and have a snooze.